



Courage & Renewal AUSTRALASIA

The Courage Way a Circle of Trust[®] Day Retreat

The Courage Way Reflective practice in community

Develop your sense of identity, integrity and purpose.

Listen more deeply to your inner wisdom and to others.

Strengthen your capacity to build relational trust.

Embrace paradox in dealing with challenges.

Build reflective practices to help sustain your heart and hope.

Saturday, 19 October 2019

9.00am – 4.30pm

Te Puna, near Tauranga

Reflection connects you with the deeper “why” of what you do and the “who” of who you are, which helps you stay authentically committed for the long haul.

Reflection is a practice that can be enriched by the mirroring of trustworthy companions.

– Shelly Francis, The Courage Way: Leading & Living with Integrity –

Reflective practice helps us find the inner ground on which we stand firm and feeds our capacity for personal and professional growth. Reflective practice is more than taking time to think about process, learnings or data. It includes paying attention to our inner lives, our goals and dreams, our hopes and fears, our intuition and imagination. Reflective practice helps develop our self-awareness. It is enriched by the mirroring of trustworthy companions who help us see ourselves more clearly.

This is the fifth in a series of five one-day retreats, each exploring a fundamental aspect of the [Circle of Trust[®]](#) approach, which is based on the work of writer, teacher and activist [Parker J. Palmer](#).

A Circle of Trust offers safe space for self-reflection and shared exploration. This retreat is for you if you are looking to develop your capacity and courage to lead a more authentic, meaningful and engaged life that is aligned with your inner values.

“We have much to learn from within, but it is easy to get lost in the labyrinth of the inner life. We have much to learn from others, but it is easy to get lost in the confusion of the crowd. So we need solitude and community simultaneously; what we learn in one mode can check and balance what we learn in the other.”

— Parker J. Palmer —



The most distinctive and important features of the Circle of Trust were the openness and honesty, the silence and waiting, and lack of commentary or judgement or fixing. This is such a change from usual life! I loved the gentle pace of the day. It gave me time to breathe.

Sandy Robertson, Diocesan School for Girls, Auckland

Themes were explored using silence, interactive reflection, the most wonderful poems, videos and a variety of activities. I really appreciated learning about 'open and honest questions' which I now use in my practice as a clinical psychologist.

Veerle Poels, Whakatane, NZ

A stunning day - a very authentic, safe and inclusive experience.

Aroha mai to you, Mennie, for creating the space and place. This was an opportunity to celebrate our seasons, connect with our world and our place in it, and to be deliberate about growing ourselves in new ways that enable us to see and think in new ways.

Pip Woodward, Tauranga.

I believe that many others would find value in such supportive spaces in which they can be deeply heard and enabled to process what is important to them.

**Helen Pearson, Principal
Horizon School, Auckland**

Going on retreat:

We use the word 'retreat' not to suggest escape or withdrawal, but rather as an opportunity to consciously engage at a deeper level with your life and work – time and space to pay attention to your identity and to embrace the various roles and responsibilities that fill your life. It is about engaging fully with yourself and the work you do.



This is the fifth in a series of 5 one-day retreats:

Program Fee: \$85.00 per day (Early bird: \$75.00)

Includes materials, morning and afternoon tea.

Please bring your own lunch.

Payment by cash, cheque or online to:

Bank Account: 12 – 3263 – 0003290 – 02

You have to
hold your mind still,
in order to hear
inspiration clearly

- Agnes Martin -



Learn more by visiting www.couragerenewal.org/approach



About the venue:

The retreat venue is the private and peaceful harbourside home of Mennie and Bill Scapens at Te Puna, a short drive from Tauranga city. The gentle rhythm of the changing tides and the beauty of the estuary bird life are all part of the magic of this lovely retreat space.



398 Snodgrass Road
Te Puna
Tauranga
New Zealand

Phone: 027 686 7449

Email: scapens@xtra.co.nz



Meet your facilitator:



Mennie Scapens, MEd, is a facilitator prepared by the Center for Courage & Renewal in Seattle. She is the co-founder and former principal of [Matahui School](#), an independent primary school in the Bay of Plenty.

Today Mennie designs and leads leadership development programs, professional renewal retreats, and programs for personal development.

Mennie is passionate about helping people uncover and grow their unique talents and dreams, to discover personal pathways to living and leading authentic lives, and to access the courage to step into personal and professional leadership.

Further information can be found at www.menniescapens.com or she can be contacted by email at scapens@xtra.co.nz

To register:

Numbers are limited in a Circle of Trust, so please complete and return the attached registration form early to secure your place. Payment with registration please.

For more information, please contact Mennie on 027 686 7449

REGISTRATION:

The Courage Way
- A Circle of Trust® Series -

Reflective Practice in Community- Saturday, 19 October 2019

Your personal details			
Name:		Place of employment and position (if applicable):	
Daytime contact number:			
Home address:		Work address:	
Preferred email address:			
Any special dietary needs?			
Any other special requirements?			
Would you like to receive information about future retreats?			

Payment	
	Program Fee \$ 85.00 per day Early Bird Fee \$ 75.00 (Registration required by 19 September 2019)
Direct Deposit: Account Name: M Scapens Account Number: 12-3263-0003290-02 Reference: REFLECTION [your surname]	
Cheque: Payable to M. Scapens	
Cancellation Policy: We understand that life challenges emerge and changes happen. Cancellations must be made at least two weeks before the program date. The facilitator regrets that she may be unable to offer any refund or credit if you cancel within two weeks of the program. If the program is cancelled due to low enrolment or other circumstances, you will receive a full refund. Please note travel costs are solely the responsibility of participants.	

Return this form	
Post to: Mennie Scapens 398 Snodgrass Road RD4 Tauranga 3174	OR email to: Mennie Scapens at scapens@xtra.co.nz

For further information, please contact Mennie Scapens on 027 686 7449.